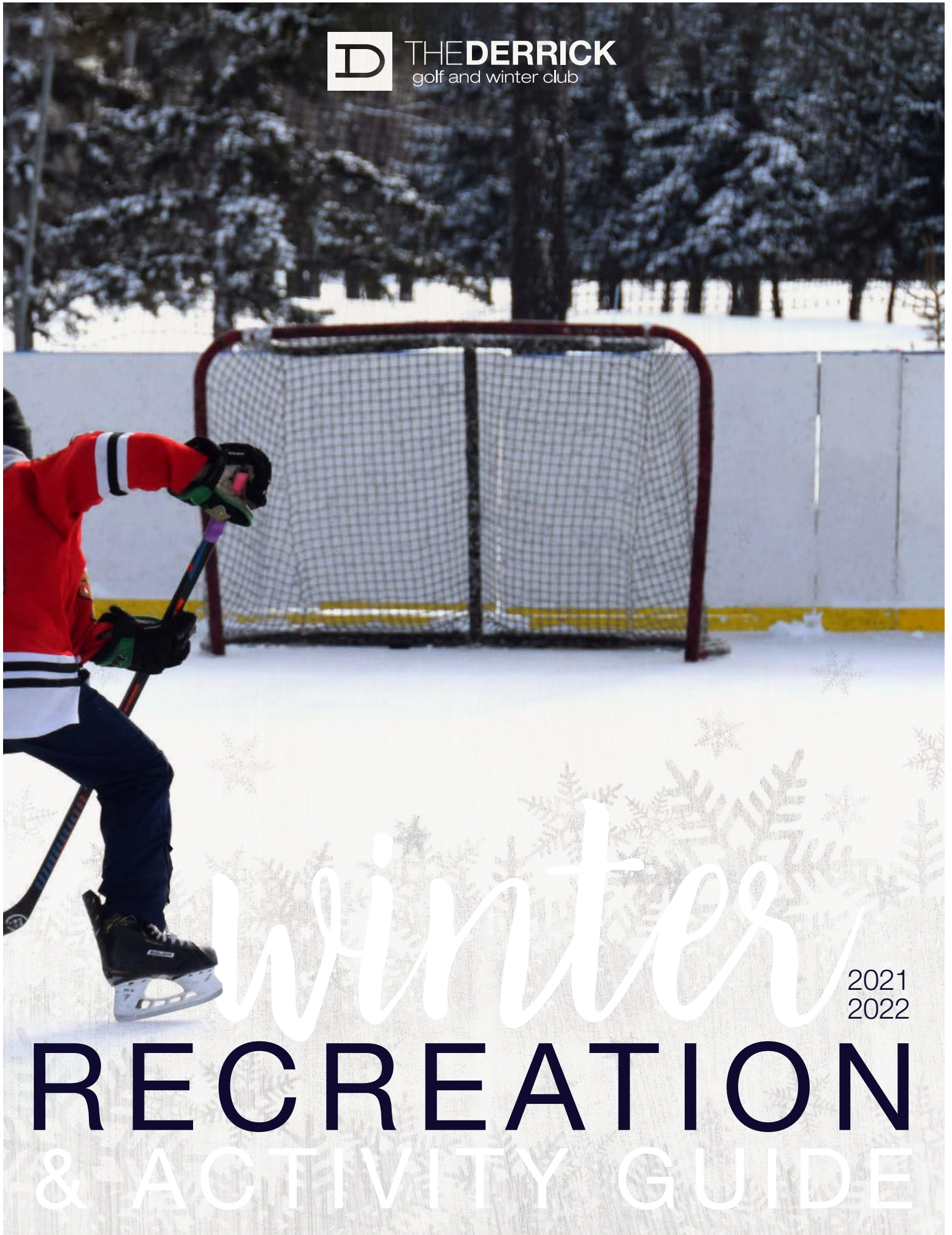




THE DERRICK
golf and winter club



winter

2021
2022

RECREATION
& ACTIVITY GUIDE

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CONTACT US

Reception.....780.437.1833
Fitness/Recreation Office780.437.8398
Golf Pro Shop.....780.437.8383
Catering Office.....780.437.8378
Aquatics Office780.437.8397
Playroom.....780.437.8387



MANAGEMENT

General Manager | Jim Hope | 780.437.8375 | jhope@derrickclub.com
Controller | Michelle Pshyk | 780.437.8376 | mpshyk@derrickclub.com
Head Golf Professional | Trevor Goplin | 780.437.8399 | tgoplin@derrickclub.com
Athletic Director | Mike Wood | 780.437.8381 | mwood@derrickclub.com
Food & Beverage Manager | Dale Manaj | 780.437.8390 | dmanaj@derrickclub.com
Golf Superintendent | Darryl Maxwell | 780.437.8386 | dmaxwell@derrickclub.com
Facilities Manager | Barry Melsness | 780.437.8391 | bmelsness@derrickclub.com

HOURS

Administration

Monday – Friday
8:00 a.m. – 4:00 p.m.

Locker Rooms

Monday – Sunday
5:30 a.m. – 11:00 p.m.

Aquatics

Monday – Friday
6:00 a.m. – 9:00 p.m.

Saturday & Sunday
8:00 a.m. – 9:00 p.m.

Holidays
10:00 a.m. – 8:00 p.m.

Reception

Monday – Sunday
6:00 a.m. – 11:00 p.m.

Recreation

Monday – Sunday
6:00 a.m. – 11:00 p.m.



CLUB WEBSITE

Visit our website at www.derrickclub.com

- View schedules, programs and club information
- See club calendars for dates and times of events and activities
- Develop your personal calendar so that you do not miss out
- Give feedback and stay in touch

FOLLOW US!



The Derrick
Golf & Winter Club



@TheDerrickClub



@the_derrick_club

REGISTER ON GAMETIME

Instructions for First Time Users

If you have not logged in before, click on First Time User. You must do this in order to set up every individual member's account.

Enter your last name and your member account number. Remember to include a "0" in front of your account number and the appropriate letter following your number (if applicable).

On the next screen enter a username and password. Once completed select Create.

Re-enter your new username and password. Select Sign In. This will bring you to the GameTime Dashboard where you can follow prompts to:

Change User Preferences

Select My Account in the top right-hand corner of the website and you can select preferences from the tabs available. You may now select Email Preferences, Reminders and Privacy Settings. Remember to click Save.

Register in a Program

Click on the Classes & Events and then Categories. From the drop-down menu, highlight your area of interest. A new list of available programs will be displayed according to that subheading. Click on the program name and then the green Register button.

Cancel a Registration

Click on My Account tab from the main screen. Click Appt & Activity. Find the appointment you want to cancel and select cancel on the far-right side of that appointment. You will be asked to confirm.

Ongoing monthly programs must be cancelled 7 Days prior to the start of the month. Once registered in the program, it is assumed that you want to continue unless you cancel online or by completing a program cancellation form at Reception.

Registration for Guests & Grandchildren

Active athletic members may sign up a guest for a program one week prior to program start date by completing a registration form at Reception. In addition to the program fee, a daily guest fee applies. Members will be billed for their guest. Registration for guests can only be confirmed during the final week of registration prior to the program's commencement date. Member grandparents may register their grandchildren in programs. Grandparents will pay the program fee along with a daily guest fee for the length of the program. Registration may take place in person one week prior to the program's start date by completing a registration form at Reception. Grandchildren will be accepted into the program when space permits. Program visits will not be included in the twelve guest visits per year.



PROGRAM REGISTRATION INFORMATION

Please note, due to the COVID-19 pandemic, our programs are subject to change to adapt to necessary safety precautions.

How to Register

Registration begins **November 1, 2021**. The Derrick Club website has a direct link to register online through GameTime. A minimum number of participants are required to run all programs. As such, all programs are subject to change, cancellation or postponement with little notice.

Registration Confirmation

Registration is confirmed by email following registration on GameTime. You will only be contacted if the class is cancelled or postponed. Credits are not given for classes missed.

All programs require a minimum number of participants to run. Registration is taken on a first come basis. When a program is full your name will appear on the GameTime waitlist. You will automatically be registered into the program if a member cancels from that program. GameTime will notify you by email that you are in the class. We monitor the size of classes regularly and add additional classes when possible and as required.

Registration Cancellation: Online or in Person

Continuous/ongoing programs are billed on a monthly basis until you cancel out of the specific class. Once registered in one of the continuous programs you do not need to register again. Date-specific classes have exact start and end dates and correspond with the different sessions. Date-specific classes require you to register again for each session in fall, winter, spring and summer.

Guest Program Registration

Active athletic members may register a guest for a program by completing a registration form at Reception. In addition to the program fee, a weekly guest fee applies and members will be billed for their guest. One week prior to the start of the program, members will be notified if their guest is registered.

Grandchildren Program Registration

Grandchildren will be accepted into the program when space permits. Program visits will not be included in the twelve guest visits per year.

Program & Event Cancellation Policy

Members must cancel online or complete a cancellation form one week (seven days) prior to a program start date to avoid a full billing charge. Cancellations by phone are not accepted. Members withdrawing less than one week prior will be charged the full program fee. Ongoing monthly programs must also be cancelled one week prior to the start of the month. Once registered in the program, we assume you want to continue unless you cancel online or complete a program cancellation form at Reception. Names remaining on the class list after one week prior to the first day of the month will be billed the full amount. This policy is necessary to enable us to adequately identify instructor and program needs. Your account will be credited when the appropriate cancellation procedure is followed.

Cancellations for personal training and private lessons will be accepted up to 24 hours prior to the appointment. If you do not cancel your scheduled appointment 24 hours in advance of its start time, you will be billed 100% of the session fee. Trainers are responsible for waiting 15 minutes for a client's arrival. Upon late arrival, sessions will be completed to the end of the scheduled time or at the trainers' discretion.

Members are responsible for reviewing their monthly statement and informing Reception of any discrepancies. No adjustments will be made after three months. Please contact Reception at 780.437.1833 should you require assistance.

Why do Great Programs get Cancelled?

When we check program registration and there are not enough members registered, we are forced to cancel or postpone the program. Last minute registration will not allow us to hire an instructor in time.

Medical Information

Please email or phone Reception and inform us of any medical conditions. Medical information will be kept on file and shared with professional staff. At the time of registration, note any medical conditions your child may have. If your child requires an EpiPen, medical forms must be filled out prior to the first class. Notify instructors and professionals of any medical conditions when the program begins.



RECREATION PROGRAMS

Welcome to our 2021/2022 winter lineup for athletic members! Golf and social members are welcome to attend our programs and visit our facilities up to twelve times a year (guest fees apply). Take advantage and join us for fun, fitness and camaraderie.

Please note, due to the COVID-19 pandemic, our programs are subject to change to adapt to necessary safety precautions.

Locker Rooms (tax included)

Lockers can be reserved at Reception and are billed monthly.

Adult Locker Room

Half-size lockers	\$14.15/month
Third-size lockers	\$10.85/month

All Ages Locker Room

Half-size lockers	\$9.80/month
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Family Locker Room

Half-size Lockers	\$9.80/month
Quarter-size Lockers	\$8.50/month
Curling area lockers	\$8.75/month

Day lockers in the All Age and Family locker rooms are available but locks left on overnight will be removed.

Private family change rooms are available for family use only and children are to be accompanied by a parent. All age locker rooms are provided for children, adults, and family. Children are not permitted in the adult locker rooms.

Membership Cards & Wristbands

For security reasons, members should be prepared to produce their membership card or wristband upon entry to the Club and have their cards or wristbands visible to staff at all times. Wristbands and key fobs provide ease of access without pulling out membership cards. However, only use of one membership card, key fob or wristband may be applied to each account (not both). Bull clips are provided with your membership cards or breakaway lanyards may be purchased at Reception. We have a membership card protector that may be purchased. Entrance may be denied if proof of membership is not provided upon request. We randomly carry out member verification checks for security purposes.

Fitness Centre

Juniors aged twelve to fifteen require Derrick fitness certification to use the Fitness Centre. Juniors aged sixteen to seventeen require approval from fitness staff to use the Fitness Centre. Juniors must wear their membership cards with proof of certification or approval while using the Fitness Centre. Juniors aged eleven and younger are not permitted to use the Fitness Centre.

Golf & Social Members

Members who are not athletic are encouraged to use the facility a total of twelve times per year, including attending a program. They do not have to be signed in by an athletic member but must sign in at Reception. Guest fees apply.

Guest Procedures

Guests must be registered prior to using the Club. Social, wait list and golf members are not entitled to sign in guests to the recreation/athletic facilities. Recreation facilities include but are not limited to: aquatics, tennis, badminton, gymnasiums, fitness centre, locker rooms, indoor golf area, outdoor skating rink, jungle room, recreation areas etc. Club members are responsible for ensuring their guests follow Club policies while visiting and wear proper footwear and clothing in the respective areas. Each member can register up to, but no more than, three athletic guests at one time. More than three guests at one time may be brought to use the dining facilities, or, with prior permission of management, to use the club athletic facilities. There is a maximum of six guests per day per family. If your family would like to bring more than six guests, management approval is required prior to arrival. Any individual can be a registered guest, with identification, up to twelve times per calendar year. A maximum of six of these visits can be used for golf.

Guest Fees (tax included) Junior: \$9.25 Adult: \$15.25

Athletic members may register up to, but not more than, three guests at a time in the recreation area, unless authorized by management. Junior guests must wear a wristband. Registered adult guests will be issued a day guest card. Members who have not registered their guest(s) prior to using the Club will be charged a guest fee equal to five times the regular guest/green fee. Members must be with guests during their visit and are responsible for them at all times.

Fitness & Strength & Conditioning Dress Policy

All clothing must be:

- Clean and free of any odours that may impact the experience of other users
- Free of inappropriate or offensive graphics/language
- Appropriate to the fitness or recreation environment being used, and not be overly revealing
- Clean, dry, and appropriate footwear is required, shoes that fully enclose the foot are required unless otherwise needed for the specific activity



Proper Attire in Athletic Facilities

It is imperative that indoor athletic shoes and clothing be worn in our badminton facility and Multipurpose Gymnasium.

Lost & Found

Lost and found items are recorded at Reception and will be kept for 30 days. Unclaimed items will be donated to a local charity. The Club is not responsible for the loss of property from vehicles parked at the Club, from facilities, rooms or lockers occupied or used by members and their guests, or for any loss or damage sustained by members and their guests on the Club premises.

Junior Members in the Club

Junior members six years of age and younger are to be directly supervised by an adult (eighteen years of age or older) inside and outside the Club. Juniors seven to ten years of age must have a responsible adult with them at the Club, unless they are involved in a supervised Club program. Juniors must register at Reception and wear a wristband when using the athletic facilities.

HOLIDAYS FROM PROGRAMS

Programs and childcare are cancelled on the following dates:

December 24–25	Christmas CLUB CLOSED	April 15	Good Friday
December 26	Boxing Day	April 18	Easter Monday
January 1	New Year's Day CLUB CLOSED	May 23	Victoria Day
February 21	Family Day		

JUNIOR BEHAVIOUR GUIDELINES

Member Responsibilities

Members and guests are expected to display proper etiquette, respect and good sportsmanship at all times.

- Members have the right to be treated with dignity, respect and fairness by other members and staff
- Members are responsible for theirs and their guest's behaviour and conduct
- Members are expected to comply with the rules of the Derrick Club

Examples of unacceptable behaviour include but are not limited to:

- Behaviours that interfere with the enjoyment of the Club for other members
- Inappropriate language
- Physical or verbal abuse
- Monopolizing space and equipment
- Disrespect to members or staff
- Vandalism
- Behaviours that create unsafe conditions
- Acts of bullying, harassment, threats, or intimidation whether it be in person, indirectly or by electronic means

First Incident

The staff will speak to the junior member who may be allowed to continue to use the facility provided they follow the behaviour guidelines.

Second Incident

The staff will ask the junior member to leave the facility for the rest of the day. Staff will contact the parents to inform them of the incident. Depending on the severity of the incident they may be allowed to return the next day.

Third Incident

The junior member will not be allowed to return to the Club until the parents are contacted by the department manager. This may result in a week (or longer) suspension from the facility and/or the Club.



LONG TERM ATHLETE DEVELOPMENT (LTAD)

When participating in any type of recreation or competitive sport or activity, there is a progressive model that Canada and subsequent organizational bodies use for athletes, whether they are just beginning or a nationally ranked competitor. This model breaks down the stages in specific detail based on age, skill level/ability, and competition. The 7 stages that Sport for Life, Canada's initiative for sport and recreation, are as follows:

Active Start

From 0 – 6 years, boys and girls need to be engaged in daily active play. Through play and movement, they develop the fundamental movement skills and learn how to link them together. At this stage developmentally appropriate activities will help participants feel competent and comfortable participating in a variety of fun and challenging activities and games.

FUNDamentals

In the FUNdamentals stage, participants develop fundamental movement skills in structured and unstructured environments for play. The focus is on providing fun, inclusive, multisport, and developmentally appropriate sport and physical activity. These experiences will result in the participant developing a wide range of movement skill along with the confidence and desire to participate.

Learn to Train

Once a wide range of fundamental movement skills have been acquired, participants progress into the Learn to Train stage leading to understanding basic rules, tactics, and strategy in games and refinement of sport specific skills. There are opportunities to participate in multiple sports with competitions focused on skill development and retention. Games and activities are inclusive, fun, and skill based. At the end of the Learn to Train stage, participants grow (or progress) towards sport excellence in the Train to Train stage or being Active for Life, either by being Competitive for Life or Fit for Life.

Train to Train

Athletes enter the Train to Train stage when they have developed proficiency in the athlete development performance components (physical, technical-tactical, mental, and emotional). Rapid physical growth, the development of sporting capability, and commitment occurs in this stage. Athletes will generally specialize in one sport towards the end of the stage. A progression from local to provincial competition occurs over the course of the stage.

Train to Compete

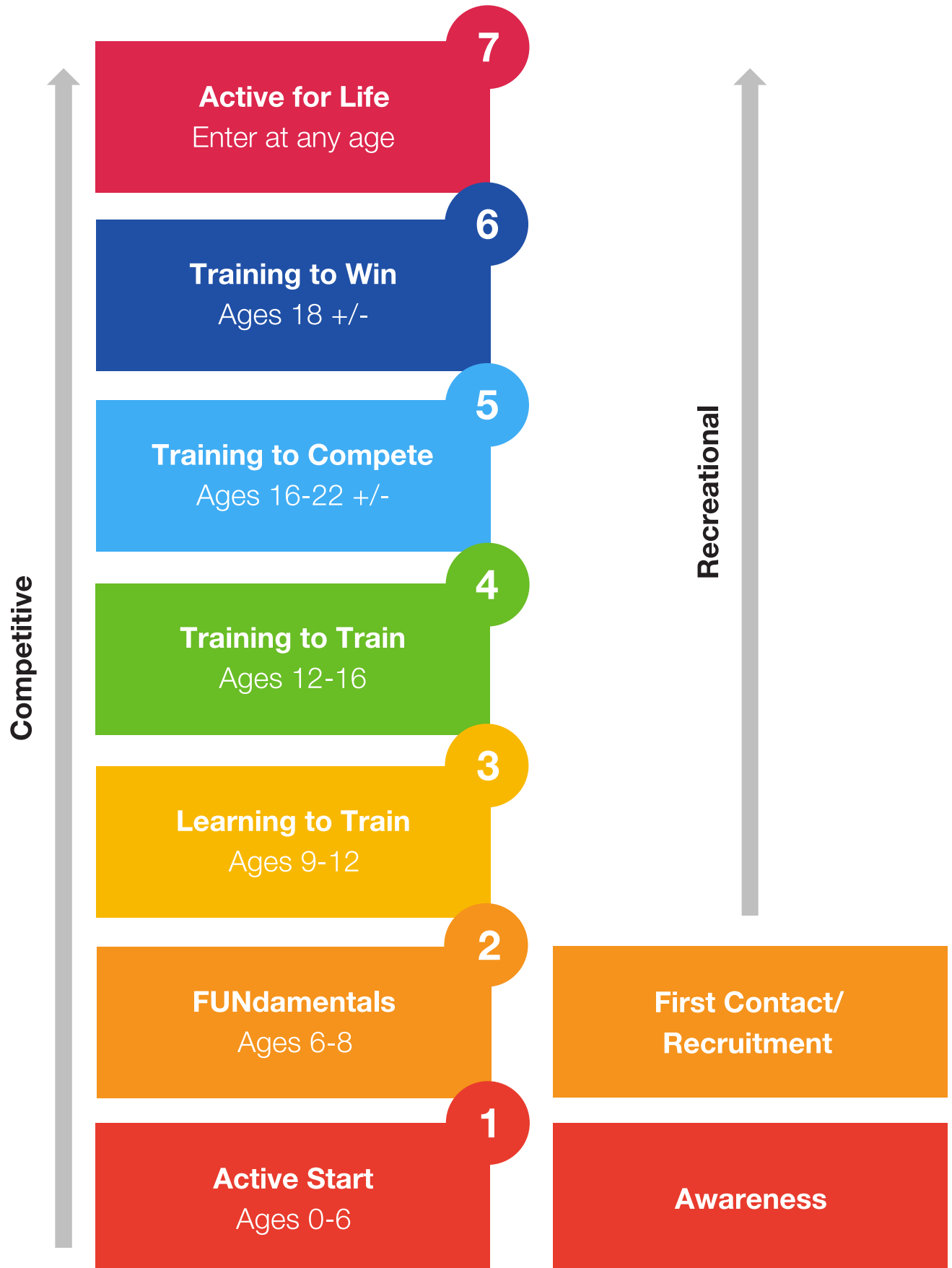
Athletes enter the Train to Compete stage when they are proficient in sport-specific Train to Train athlete development components (physical, technical-tactical, mental, and emotional). Athletes are training nearly full-time and competing at the national level while being introduced to international competition.

Train to Win

Athletes in the Train to Win stage are world class competitors who are competing at the highest level of competition in the world (e.g. Olympics, Paralympics, and World Championships, World Cups or top professional leagues). These athletes have highly personalized training and competition plans and have an integrated support team of physical therapists, athletic therapists, and sport psychologists providing ongoing support.

Active for Life

Individuals who have a desire to be physically active are in the Active for Life stage. A participant may choose to be Competitive for Life or Fit for Life and, if inclined, give back as a sport or physical activity leader. Competitive for Life includes those who compete in any organized sport recreation leagues to Master Games. Fit for Life includes active people who participate in non-competitive physical activity.





Please note: due to the changing environment; all programs are subject to change or possible cancellation.

JUNIOR & FAMILY RECREATION

Youth & Family Director: Matthew Graves

Email: youth@derrickclub.com

Gymnastics

Instructor: Samantha Johnson

Samantha has been involved with gymnastics since age 5. She started out as a competitive artistic gymnast until age 12 when she wanted to focus more on the fun side of recreational trampoline and tumbling. At age 16 her love of gymnastics continued to grow as she became a coach. She has coached men, women, and trampoline/tumbling competitively and recreationally. She has coached all ages from babies just learning to walk & run, to adults who want to learn more body control and build strength. Gymnastics has always been her biggest passion and love in life and she wants to share that with everyone she meets.

Classes cancelled February 19, March 4 & 5.

Bouncing Bees ① ⑦

Do you have a tot that just can't keep still? This class will focus on basic movement patterns and gymnastics foundations. Spend some fun active time with your tot while they balance, roll and explore!

Friday | January 14 – March 25

10:00 – 10:45 a.m. | Ages: 1 – 3 parented | \$155

Saturday | January 15 – March 19

9:00 – 9:45 a.m. | Ages: 1 – 3 parented | \$125

Saturday | January 15 – March 19

10:00 – 10:45 a.m. | Ages: 1 – 3 parented | \$125

Tumble Tots ① ② ⑦

Your child has reached the age where they want to run, play and be independent. This class will build on gymnastics foundations while teaching your child to follow a more structured class without the help of a parent. They will work on building confidence and start to learn more controlled inversions such as beginner handstands and cartwheels.

Friday | January 14 – March 25

11:00 – 11:45 a.m. | Ages 4 – 6 unparented | \$155

Saturday | January 15 – March 19

11:00 – 11:45 a.m. | Ages 4 – 6 unparented | \$125

Saturday | January 15 – March 19

12:00 – 12:45 p.m. | Ages 4 – 6 unparented | \$125





Parkour & Free-Running

Develop and refine movement proficiency! Parkour is a training discipline and movement culture from France that promotes balance and agility. Its essence can be summed up in one principle: moving as efficiently as possible from point A to B. Freerunning is a separate, related discipline that diverged from parkour in 2001. While parkour shuns unnecessary acrobatic movements, freerunning encourages self-expression through creative movements and tricks. Freerunning borrows acrobatic elements from martial arts, gymnastics, Capoeira, breakdance and tricking. Students work on jumps, landings, vaulting and climbing on and around obstacles. Build confidence and somersault your way to fitness and fun in a non-competitive environment!

*Note: for level I and II classes, register your child in the class you feel is the best fit. We will assess skill level and focus, and may recommend reassignments. In most cases, a student should begin parkour with a level I or equivalent class. Juniors 11 years and older may choose to start with a level II class.

For private or semi-private parkour lessons, email Matthew at youth@derrickclub.com.

Classes cancelled February 19, March 3 & 5.

Parkour Level I 2 7

Practice the fundamentals! Parkour skills and vocabulary will be introduced to navigate age-appropriate obstacles. Focus on building a solid strength and gymnastics foundation for future parkour training, or as cross-training for another sport.

Thursday | January 13 – March 24
4:00 – 5:00 p.m. | Ages 7 – 10 | \$140

Saturday | January 15 – March 19
1:30 – 2:30 p.m. | Ages 7 – 10 | \$115

Parkour Level II 2 7

Build on what you've learned by training with more advanced obstacles, skills and tricks. Extra time will be spent on building strength and stamina through strength and skill circuits.

Thursday, January 13 – March 24
5:00 – 6:00 p.m. | Ages 9 – 16 | \$140

Saturday, January 15 – March 19
2:30 – 3:30 p.m. | Ages 9 – 16 | \$115

Parkour Fitness for Adults 2 7

A fitness class to develop strength and skills specific to parkour, or for those looking for more variety in their training.

Thursday | January 13 – March 24 | 6:00 – 7:00 p.m. | \$140

Family Parkour 2 7

Drills and skills for every level of ability and experience, allowing parents and children to enjoy parkour together.

Saturday | January 15 – March 19
3:30 – 4:30 p.m. | Adults & children ages 6 + | \$115

Bouldering

A fun, unique way to improve upper body and grip strength! Bouldering is a type of rock climbing practiced close to the ground, no climbing partner is required to belay. Learn static and active climbing techniques, and train strength, endurance, and flexibility to improve climbing abilities.

Junior Bouldering 2 7

Tuesday | January 11 – March 22
6:00 – 7:00 p.m. | Ages 8 – 14 | \$155

Bouldering for Adults Workshop 2 7

Wednesday, January 12 | 6:00 – 7:00 p.m. | \$20

Bouldering for Adults Class 2 7

Wednesday | January 19 – February 23 | 6:00 – 7:00 p.m. | \$85

Monkeys Can Swim *Physical Literacy Training* 1 7

Experience fun and fitness through sports, games and activities followed by a splash in the pool! Running, climbing, jumping, kicking, throwing, reaching and stretching are motions utilized for strength and coordination development of the "sport ready kid". Enjoy the small gym, badminton gym and indoor playground: the Jungle Room! Children must be toilet trained and able to change independently, no exceptions. Meet in the Multipurpose Gym, pick up at the pool.

Wednesday Morning | January 12 – March 23
9:30 – 11:00 a.m. | Ages: 4 – 5 | \$215

Wednesday Afternoon | January 12 – March 23
12:30 – 2:00 p.m. | Ages: 4 – 5 | \$215

Gaining the Edge *High Performance Training* 3 4 7

Develop strength, speed, agility, power, reaction, core training, stamina, deceleration and balance in the off-season. Comprehending the athlete's sport, both it's specific energy system requirements and movement patterns, is critical to designing a targeted and efficient conditioning program. Conditioning, defined as an energy system adaptation to a physical stimulus, is the most improperly-trained component of athletics. We will focus on improving fitness, core strength, explosiveness, and functional strength to produce faster, stronger, better conditioned athletes. Training will be in a group setting, all abilities welcome. Athletes will be grouped with others at their level and will progress at their own pace.

Classes cancelled February 21.

Monday, January 10 – March 21
5:00 – 6:00 p.m. | Ages 12 – 17 | \$140

Wednesday, January 12 – March 23
5:00 – 6:00 p.m. | Ages 12 – 17 | \$155

Hockey Training Camp with Daniel Kajlanic 4 5 6

Workshop 1: **Friday** | Jan 14 – Feb 4 | 7:00 – 8:00 p.m. | \$100
Workshop 2: **Friday** | March 4 – 25 | 7:00 – 8:00 p.m. | \$100



Sport Ready *Sport Preparedness Training*

Coaching better quality of movement and creating better athletes. A fun, competitive environment that creates a culture of success. We believe athleticism is developed and learned over a long term athletic development program rather than just a natural talent.

We aim to develop movement so athletes can perform moves their sport requires. When training for athleticism, an individual must have solid movement patterns that hold up to forces placed on them. We must know if the athlete has asymmetries (differences from side to side) in the body that force compensation and eventually cause breakdown. It is important to focus on building a solid platform.

The best way to develop strength, elasticity, agility, power, muscle recruitment, acceleration, and deceleration is to play a wide range of sports. Sports requires wrist set, separation of upper and lower body movement, segmental stabilization, upper and lower body power, balance, rotational power, vertical power and weight transfer.

We will focus on as many sports as possible to develop skills and patterns to become better movers and athletes. Children under six are encouraged to register in gymnastics.

Monday | January 10 – March 21

Classes cancelled February 21.

Mini Champs 2 7

4:00 – 5:00 p.m. | Ages 6 – 9 | \$140

Speed Performers 3 7

5:00 – 6:00 p.m. | Ages 10 – 13 | \$140

Power Players 4 7

6:00 – 7:00 p.m. | Ages 14 – 17 | \$140

BASKETBALL & VOLLEYBALL

Please register your child in the appropriate class for their age. During the first classes we assess skill level and focus, and recommend reassigning students if appropriate.

For private or semi-private Basketball and Volleyball lessons, please contact Matthew at youth@derrickclub.com.

Basketball Programs

The Derrick basketball program follows the Long Term Athlete Development Model developed by Basketball Canada. Focus will be on developing and improving post and guard skills. Work on ball handling, shooting, passing, screening, dribbling, rebounding, footwork, and defense. No matter your position, skills you learn will improve your game. Players will participate in games where they will learn positional play and strategy.

Wednesday | January 12 – March 23 | \$155

Learn to Train 2 3 7

6:30 – 7:30 p.m. | Ages 7 – 10

Train to Train 3 4 7

7:30 – 8:30 p.m. | Ages 10 – 14

Volleyball Programs

The Derrick volleyball program follows the Long Term Athlete Development Model developed by Volleyball Canada. Focus will be on game drills and skill sets to develop and improve overall game performance, especially if you are preparing for an upcoming season. We will work on ball control, blocking, defense, hitting, serving, position, setting, and passing.

Monday | January 10 – March 21 | \$140

Classes cancelled February 21.

Learn to Train 2 3 7

6:00 – 7:00 p.m. | Ages 7 – 10

Train to Train 3 4 7

7:00 – 8:00 p.m. | Ages 10 – 14

STEM (SCIENCE, TECHNOLOGY, ENGINEERING & MATHEMATICS)

We have partnered with Engineering for Kids to present new programs! Because we are using an external partner to offer this class, the cancellation deadline is two weeks before the start date. STEM classes will take place in the Discovery Room.

Jr. STEM: Jr. coding with Ozobots + Edison

Discover the wild world of robots! Work as scientists, engineers, and mathematicians to code Ozobots and Edison robots.

This highly engaging camp builds early STEM and spatial skills. We will foster a love of science, exploration, and nature.

Classes cancelled March 4.

Friday | January 28 – March 11

4:30 – 5:30 p.m. | Ages 4 – 6 | \$95

STEM: Scraping the Sky with Minecraft

Design, create and make your very own city come alive using Minecraft! Kids will explore the theme of architecture, engineering & design by taking a closer look at the various skyscrapers of today and innovative ideas for the future.

Apply your new learning to design and create a city skyscraper in Minecraft using the Engineering for Kids design process.

Friday | January 28 – March 11

6:00 – 7:30 p.m. | Ages 7 – 12 | \$140



ETIQUETTE CLASSES

Instructor: Iva Musilek

Iva's company, Courtesy Matters, offers classes for children and adults, and individual etiquette training. Her programs focus on gaining confidence by understanding the importance of manners and developing social skills. Iva's programs help people gain advantage by building and maintaining social and business relationships.

We dine at home, in public, alone or with others. It is necessary for survival and also a social activity that brings great pleasure. Knowing what to do, how to do it and appearing confident allows others to feel comfortable with you.

In business, your manners reflect on the company you represent. 46% of successful transactions are concluded over a meal. Corporations often include a meal as part of the interview process. They assess your social and dining skills. You need to be prepared! Many of us freeze, lose focus or become less effective when in uncomfortable situations where we don't know how to behave. This could be a disaster when a business opportunity becomes a lost opportunity. Know the rules and practice your table manners so they become natural. You won't even think about which fork to use! It is better to know it and not need it, than to need it and not know it.

Mad about Manners

Social & leadership skills for young children

A program focused on developing social and leadership skills. A fun and informative way to encourage development and understanding of the role respect plays in successful, cooperative relationships. Children will learn basic manners such as introductions, handshakes, first impressions, table manners, social behavior, top 10 dining mistakes and phone etiquette. Interactive activities and crafts direct learning in a fun, entertaining program that is flexible and can be adjusted to available time. Class includes a three course meal. Each participant will receive a Mad about Manners certificate.

Saturday, Jan 22 | 11:00 a.m. – 1:00 p.m. | Ages: 5 – 7 | \$65

Saturday, March 12 | 11:00 a.m. – 1:00 p.m. | Ages: 5 – 7 | \$65

Courtesy Counts

Respect & politeness builds confident children

Focus is on manners, respect, confidence and leadership skills. We cover the basics of dining etiquette, introductions, handshakes and first impression. After completing this course, children will be able to confidently navigate family and social situations, rules for school and special places, thank you and appreciation, first impression and phone etiquette. Children will learn restaurant dining with a two and four course place setting while enjoying a three course meal. Participants will receive a Courtesy Counts certificate.

Saturday, February 5 | 11:00 – 1:00 p.m. | Ages: 8 – 11 | \$65

Private & Semi-Private Dining Session

Polish your dining skills and feel confident and at ease in any social or business dining situation. In business, your manners reflect on the company you represent, that is why the interview process often includes a meal. A two hour private dining lesson will make you familiar with four and six course place setting while enjoying meal including soup, main course and dessert. Lesson can be adjusted to individual clients and objectives.

Adults & ages 15+ or a family of 4 may be organized by contacting youth@derrickclub.com.





MUSIC LESSONS

We offer both guitar and piano lessons right here at the club. We have fantastic and highly regarded instructors in their respective industries who are more than willing to help you and your family in your music endeavors.

Piano

Instructor: Chantalle Dubord

Ms. Dubord is an accomplished pianist, corporate executive and entrepreneur. Having studied piano through the Royal Conservatory of Music since age six, she plays at an ARCT level and has taught students since she was 16. She strives to spur personal development in youth and adults, ensuring her students receives a well-rounded music education, tailored to each pupil's learning styles, needs and aspirations.

Ms. Dubord has aided in the production of large events through membership and volunteering with the Alberta Chamber of Resources, notably the 80th Anniversary of the ACR in 2016, highlighting "8 Decades of Music". Ms. Dubord believes in supporting the global aspects of music, she is currently working on an international collaboration with the world-renowned German pianist, Valentina Babor, and the 2014 Juno Nominated, Chloe Albert.

Contact Chantalle for a COMPLIMENTARY 30 minute lesson!

Email: chantalldubord@gmail.com

Phone: 780.217.9426

Guitar

Instructor: Mitchell Smith

Mitchell Smith is a full-time musician who has studied contemporary music out of Boston's Berklee Music Program as well as classical music at Concordia University. With a passion for teaching, gigging, and song writing he is quite busy around the music scene. Mitchell has 11 years of teaching experience to all ages and skill levels in multiple genres. He is the Music Director at the Centre for Spiritual Living, and self manages his band called The Orchard who have three records of original material on Sony Music Canada. Mitchell is teaching private and semi-private guitar lessons at the Derrick Club for your convenience.

Contact Mitchell to get started.

Email: mitchellsmithmusiclessons@gmail.com

Phone: 587.990.5060





KARATE

Derrick Wado Kai Karate Instructors:
Sensei Kelsey Mramor (3rd Dan), Sensei Raye Willms (2nd Dan), Sensei Elise Leong-Sit (2nd Dan)

Head Instructor: Sensei Kelsey Mramor
Email: derrickkarate@gmail.com

Starting with five students in 2004, Derrick Karate has exploded into a popular program teaching traditional karate, competitive sport karate, and modern self-defense. With numerous instructors, students are taught in small groups in a well-balanced and safe learning environment. Karate is a foundational activity that assists with basic and complicated coordination, balance, strength, endurance, timing, speed, and flexibility. Students gain confidence, respect, and discipline, which are demonstrated in their successes inside and outside the classroom. Combined, the physical and mental training enables students to deal with life's daily challenges to rare self-defense situations.

Our instructors are skilled karate practitioners with many years of training, competition, and coaching. Learn more about us on our website: www.derrickwadokai.ca.

New students are always welcome! Whether you have previous experience or not, there is room for you in class. We have new student intake for all age groups in September and January.

Please be sure to complete the [DWKKA Registration Form](#) and Waiver before your first class.

Classes run from September 7, 2021 – April 23, 2022.

January term starts January 4, 2022. In person participation is anticipated; due to the changing nature of COVID-19 pandemic, a shift to online participation may be required.

Class Fees:	Full Year	January Start
1.25 hour class	\$370	\$185
1 hour class	\$340	\$170
45 minute class	\$310	\$155
30 minute class	\$280	\$140

Additional Fees: There is an annual \$20 fee to the Derrick Wado Kai Karate Association (DWKKA) and an annual \$70 fee to the National Organization (SWKKF) that provides access to local and national belt testing events, tournaments. These are charged in September but will be prorated for students starting in January. Have questions about classes? Please do not hesitate to contact the head instructor!

Classes cancelled December 12 – January 3, March 1 & 5, March 26 & 29, April 12 & 16

Mini Karate January Start

Ages: 4 – 5 | All Ranks

Saturday | 8:30 a.m. – 9:00 a.m. \$140

Tuesday | 4:30 p.m. – 5:00 p.m. \$140

Junior Karate January Start

Ages 6 – 8 | Beginner to White - Stripe Belt

Saturday | 9:00 a.m. – 9:45 a.m. \$155

Tuesday | 4:30 p.m. – 5:15 p.m. \$155

Youth Karate January Start

Ages 9 – 12

\$170

Saturday (Beginner & All Ranks) | 10:30 a.m. – 11:30 a.m.

Tuesday (Beginner – Yellow Belt) | 5:30 p.m. – 6:30 p.m.

Tuesday (Yellow Stripe Belt & Up) | 5:30 p.m. – 6:30 p.m.

Teen Karate Ages January Start

Ages: 13 – 17 | All Ranks

Saturday | 10:30 a.m. – 11:45 p.m. \$185

Tuesday | 6:30 p.m. – 7:45 p.m. \$185

Beginner Adult Karate January Start

Ages: Adults 18+ | Beginner

Tuesday | 6:30 p.m. – 7:30 p.m. \$170

Adult Karate Current students only, January Start

Saturday (All Ranks) | 9:00 a.m. – 10:15 a.m. \$185

Tuesday (Yellow Belt – Orange Belt) | 6:30 – 7:30 p.m. \$170

Tuesday (Green Belt & up) | 6:30 p.m. – 7:45 p.m. \$185

Purple, Brown & Black Belts Only January Start

Saturday | 11:30 a.m. – 12:45 p.m. \$185

Tuesday | 7:45 p.m. – 9:00 p.m. \$185

* Note: There may be re-assigning of students' registration.



JIU JITSU

A positive program that promotes self-confidence while motivating you to push yourself to goals you never thought possible. Believe in yourself and success will follow. Elegant and powerful, Jiu Jitsu uses leverage and balance to obtain control, thus eliminating the need for strength. Adjustments can be made to fit personal physical needs. The art of Jiu Jitsu includes a never-ending supply of knowledge in strikes, throws, locks and restraints.

Children's Jiu Jitsu

Jiu Jitsu has been described as an art of self-defense, an art of last resort to be used when reason has failed to resolve a conflict. This program will help build confidence, strength and courage. It is an excellent choice for self-defense, teaching not to hit, but how to avoid being hit. Children are led through a variety of drills, exercises and scenarios to help them develop awareness and ability to escape an attack or confrontation.

Classes cancelled March 29.

Tuesday | January 11 – April 26

4:15 – 4:45 p.m. | Ages 4 – 6 | \$165 **1 7**

5:00 – 5:45 p.m. | Ages 6 – 10 | \$188 **2 3 7**

*Note: There may be re-assigning at instructor's discretion

Youth & Adult Self Defense

Being able to protect yourself if necessary, can give you added self-confidence in everyday life. Jiu Jitsu will improve your level of fitness and overall health and wellness. The more respect one gives the more they will receive and hopefully confrontation can be avoided. This program can help students avoid dangerous situations if being bullied or confronted and allow them to protect themselves.

Classes cancelled March 29.

Tuesday | January 11 – April 26

6:30 – 7:45 p.m. | Ages 13+ | \$255

GI's are required after one month in this program.



CREATIVE ARTS

Instructor: Whitney Erickson

Painting

Explorations in acrylics, tempera, and watercolour, learning a wide variety of styles and techniques.

Tuesday | January 11 – March 22

4:00 – 5:00 p.m. | Ages 9 – 14 | \$165

Tuesday | January 11 – March 22

5:00 – 6:00 p.m. | Ages 6 – 8 | \$165





AQUATICS

Aquatic Manager & Swimming Professional: Shea Kidd
Email skidd@derrickclub.com
Aquatic Centre Phone: 780.437.8397

Hours of Operation as of January 3, 2021

Monday – Friday 6:00 a.m. – 9:00 p.m.
Saturday & Sunday 8:00 a.m. – 9:00 p.m.
Holidays 10:00 a.m. – 8:00 p.m.

Red Cross Swimming Lessons

Half-hour class: \$80
45 minute class: \$94
Private Lesson: \$40 (1 child per half hour)

Class size is limited so register early. Classes are subject to cancellation, combination, or rescheduling with short notice depending on lesson registration. Cancellation from a program must be received one week (7 days) prior to the start date to avoid a full billing charge. Ongoing monthly programs must be cancelled one week prior to the start of the month. Once registered in an ongoing monthly program, we assume you want to continue unless you cancel. Names remaining on the class list on the first day of the month will be billed the full amount. Members withdrawing after the start date will be charged the full program fee. This is necessary to enable us to adequately identify instructor and program needs. Your account will be credited when the appropriate cancellation procedure is followed. Contact aquatic staff if you have any questions regarding our programs.

Private or Semi-Private Lessons

Work one-on-one with a swimming professional to eliminate bad habits or strengthen good ones! Whether working on your swim criteria for a specific level or wanting to improve your technique; private lessons are a good option. Cancellations for private lessons are accepted up to 24 hours prior to the lesson. If you do not cancel 24 hours in advance of start time, you will be billed 100% of the session fee. Instructors will wait 15 minutes for a client's arrival. Upon late arrival, sessions will be completed to the end of the scheduled time or at the instructors' discretion. Call 780.437.8397 or email swimming@derrickclub.com to book.

We do BOAT Exams!

You are required to have a boat license to operate any motorized watercraft. We supply manuals for you to study at a cost of \$30 each. Once you are prepared to write the exam, call the Aquatic Centre and book a time at your convenience for \$40.

Total cost \$70.

Full Wibit Festive Splash

Friday, December 17

10th Annual Aquatic Carnival

Friday, March 11

Read the weekly e-blast for details.





Red Cross Swim Kids Program

A program for children 6 and older who have completed the preschool program. Each level builds on the previous one; students learn everything from basic swimming skills like floats, glides, and blowing bubbles to more advanced swimming skills like shallow and deep water dives. We strive to continually reinforce students' technique through drills, hard work and fun.

Evening Lessons

Monday | January 3 – March 7

(Class cancelled February 21)

Parent & Tot	4:30 – 5:00 p.m.	1 7
Sea Otter/Salamander	4:30 – 5:00 p.m.	1 7
Sunfish	5:00 – 5:30 p.m.	1 7
Crocodile/Whale	5:00 – 5:30 p.m.	1 7
SK 1	5:30 – 6:00 p.m.	1 2 7
SK 2	5:30 – 6:00 p.m.	1 2 7
SK 3/4	6:00 – 6:45 p.m.	2 7
SK 5/6	6:00 – 6:45 p.m.	3 7
SK 7/8	6:45 – 7:30 p.m.	3 4 7
SK 9/10	6:45 – 7:30 p.m.	4 5 7

Tuesday | January 4 – March 8

Parent & Tot	4:30 – 5:00 p.m.	1 7
Sea Otter/Salamander	4:30 – 5:00 p.m.	1 7
Sunfish	5:00 – 5:30 p.m.	1 7
Crocodile/Whale	5:00 – 5:30 p.m.	1 7
SK 1	5:30 – 6:00 p.m.	1 2 7
SK 2	5:30 – 6:00 p.m.	1 2 7
SK 3/4	6:00 – 6:45 p.m.	2 7
SK 5/6	6:00 – 6:45 p.m.	3 7
SK 7/8	6:45 – 7:30 p.m.	3 4 7
SK 9/10	6:45 – 7:30 p.m.	4 5 7

Wednesday | January 5 – March 9

Parent & Tot	4:30 – 5:00 p.m.	1 7
Sea Otter/Salamander	4:30 – 5:00 p.m.	1 7
Sunfish	5:00 – 5:30 p.m.	1 7
Crocodile/Whale	5:00 – 5:30 p.m.	1 7
SK 1	5:30 – 6:00 p.m.	1 2 7
SK 2	5:30 – 6:00 p.m.	1 2 7
SK 3/4	6:00 – 6:45 p.m.	2 7
SK 5/6	6:00 – 6:45 p.m.	3 7
SK 7/8	6:45 – 7:30 p.m.	3 4 7
SK 9/10	6:45 – 7:30 p.m.	4 5 7

Daytime Lessons:

Monday | January 3 – March 7

(Class cancelled February 21)

Parent & Tot	9:00 – 9:30 a.m.	1 7
Sea Otter/Salamander	9:30 – 10:00 a.m.	1 7
Sunfish	10:30 – 11:00 a.m.	1 7
Crocodile/Whale	11:00 – 11:30 a.m.	1 7

Wednesday | January 5 – March 9

Parent & Tot	9:00 – 9:30 a.m.	1 7
Sea Otter/Salamander	9:30 – 10:00 a.m.	1 7
Sunfish	10:30 – 11:00 a.m.	1 7
Crocodile/Whale	11:00 – 11:30 a.m.	1 7

Weekend Lessons

Saturday | January 8 – March 12

Parent & Tot	9:00 – 9:30 a.m.	1 7
Sea Otter/Salamander	9:00 – 9:30 a.m.	1 7
Sea Otter/Salamander	9:30 – 10:00 a.m.	1 7
Sunfish	9:30 – 10:00 a.m.	1 7
Sunfish	10:00 – 10:30 a.m.	1 7
Crocodile/Whale	10:00 – 10:30 a.m.	1 7
SK 1	10:30 – 11:00 a.m.	1 2 7
SK 1	10:30 – 11:00 a.m.	1 2 7
SK 2	11:30 – 12:00 p.m.	1 2 7
SK 3/4	11:30 – 12:15 p.m.	2 7
SK 5/6	12:00 – 12:45 p.m.	3 7
SK 7/8	12:15 – 1:00 p.m.	3 4 7
SK 9/10	12:45 – 1:30 p.m.	4 5 7

Adapted Swimming Lessons

Swimming lessons designed for swimmers who require additional support in the water. Work closely in a small group setting with our highly qualified Derrick instructors. The goal of this program is to advance through the Red Cross swimming levels with extra support where needed.

Thursday | 5:00 – 6:00 p.m.

Novice Swimming 7

A program for beginner adult swimmers; focus is on working towards feeling confident and excited to hit the water anytime, especially on holidays! Develop comfort in the water from basic flotation, movement and breathing to increasing endurance and developing effective strokes. You will set goals with your instructor in an encouraging, low pressure environment.

*Program will start when enough people have registered.

Tuesday | Begins January 6 | 7:00 – 8:00 p.m. | \$50/month



Stingrays 1 2 7

An introductory program for those who strives to join our Devil Rays swim team. We focus on having fun in the pool while working hard on the 4 basic strokes of competitive swimming; front crawl, back crawl, breast stroke, and butterfly. We will be committed to achieving the minimum standard of 50 meters of front crawl and 50 meters of back crawl through a variety of drills and activities in preparation for the Devil Rays. If you can swim 25 meters of proper front crawl and 25 meters of proper back crawl and are comfortable in deep water, this program is for you! After the evaluation period, times and levels may change at the coach's discretion.

Friday | January 7 – March 11

5 – 8 years old (beginner) | 4:00 – 5:00 p.m. | \$120

5 – 8 years old (intermediate) | 5:00 – 6:00 p.m. | \$120

Devil Rays Summer Swim Team

A great way for children to keep fit and have fun this summer! Learn and improve the FUNDamentals of the four competitive strokes as well as starts and turns. Coaches will encourage kids to have fun and develop skills in all aspects of the sport. Swimmers will improve their stroke technique and efficiency as well as their overall aerobic conditioning in May, June, July and August. Swim team starts Monday, May 2, 2022

Swimmers registering for entry level of Devil Rays must be able to swim 50 meters of front crawl, 50 meters of back crawl and be completely comfortable in deep water; no exceptions. During the first weeks of May, coaches assess swimmers and determine the group they will start the season in, based on several factors including age, skill level and commitment. Swimmers may move up or down throughout the season.

Devil Rays registration will start March 4, 2022.

For all inquiries please call Shea at 780.437.8397.

1 swimmer: \$550 Multiple swimmers: \$500/swimmer

Deep Water Aquafit 7

Add variety to group fitness! Join Carla, Tara and Deb to increase your fitness and mobility. While moving your body, you are supported by buoyancy, decreasing joint compression and impact and improving cardiovascular fitness. Performing exercise in water can be beneficial for neuromuscular or musculoskeletal disorders or injuries; it may reduce inflammation and provide feedback for improving posture. Water's resistance provides a safe place to address balance, strength and postural deficits. For those with difficulty exercising on land, aquafit provides a comfortable and therapeutic medium to gain strength and endurance.

Aquafit is a great way to stay in shape for all ages and stages! Join us and workout at your own pace!

Monday, Wednesday & Friday starting January 3
8:30 – 9:30 a.m.

One a week..... \$28/month Two a week \$50/month
Three a week... \$58/month

Shallow Water Aquafit 7

Mix up your Aquafit routine by adding our shallow water option to your week. The intensity of these classes can be tailored to meet your needs and will focus on developing healthy habits in the water. Learn to use a variety of Aquafit equipment such as dumbbells to build strength, and pool noodles to work on flotation. This is an excellent full body workout for all ages, come and give it a try! This is also an excellent choice for those who are new to Aquafit.

Tuesday & Thursday starting January 4
10:30 – 11:30 a.m.

One a week \$28/month Two a week \$50/month

Pre-Masters Swimming 5 7

Looking to improve technique, efficiency or endurance? This program is for you! Whether you are starting your swimming career or have been swimming a while, each workout will contain a diverse drill set and specific training tips to meet your individual needs. Face the challenge alone or with friends; let's enhance your swimming ability!

Monday & Friday | Begins January 3/7 | 9:30 – 10:30 a.m.

Once a week ... \$40/month Twice a week... \$72/month

Masters Swimming 5 6 7

This second step of competitive swimming will take you on a journey of hard workouts that drive you to perform at a level you never thought possible. Whether training for the next triathlon or wanting to challenge yourself and become a better athlete, this program will increase your strength, endurance and efficiency in the water!

Begins January 3

Monday | 8:00 – 9:00 p.m. Tuesday | 9:30 – 10:30 a.m.
Wednesday | 6:00 – 7:00 a.m. Thursday | 9:30 – 10:30 a.m.
Friday | 6:00 – 7:00 a.m.

One a week \$40/month Three a week... \$90/month
Two a week \$72/month





Lifesaving Program

This program is divided into three areas; water proficiency, recognition & rescue, and first aid. Develop an understanding of the four components during a water rescue; judgement, knowledge, skill, and fitness. Learn to care for conscious and unconscious victims, and increase your skills in a variety of challenging rescues. Advanced rescue skills such as spinal injury transfers, multiple victim rescues, and more complex medical scenarios will be taught and evaluated as you moves from Bronze Medallion to Bronze Cross. This program is intense and requires 100% attendance. These two courses are excellent life skills to have, not only in your swimming career but in your travels around the world.

Bronze Star

Prerequisites: Completion of Swim Kids level 10

Thursday, January 6 – March 10 | 4:00 – 5:00 p.m. | \$120

Bronze Medallion (includes CPR C)

Prerequisites: 13 years of age and older and/or completed

Bronze Star, CPR C

January 13 – 16 | Time TBD | \$275

March 10 – 13 | Time TBD | \$275

Bronze Cross

Prerequisites: 13 years of age and older and completed

Bronze Medallion, Standard First Aid

February 10 – 13 | Time TBD | \$275

Lifesaving Society Manual

\$50

SAFETY SPLASH NOTES

The Derrick Club Standard of Water Safety

- Active supervision must be provided by a responsible individual 16 years of age or older.
- Swimmers 6 years and under MUST be actively supervised in the water and within arm's reach.
- Swimmers 11 years and under MUST complete a swim test prior to using the deep end of the main pool. If unsuccessful they may only swim in water that is chest deep or less.
- Swimmers who are 7 – 12 years old do not require active supervision in the pool but must have a responsible adult in the Club.

The swim test consists of a 25 meter horizontal front crawl with face in the water, full arm circles, and breathing to the side. The swimmer then exits the pool immediately, jumps back into the deep end, and treads water for 30 seconds with their ears out of the water. A parent and a lifeguard must supervise the swim test. The swim test is designed to keep our junior members safe when they are at the pool; therefore, it is crucial that it is completed with ease and comfort.

Children unable to complete the swim test have the option of staying in the teach pool or completing the swim test with a lifejacket on. When the swim test is being done with a lifejacket, the swimmer must be able to complete it to the same standards as they would be required to without a lifejacket. However, full arm circles and breathing to the side is encouraged, not mandatory, as they will be required to always wear a lifejacket when in the main pool.

Regardless of age, lifeguards can ask anyone weak or unfamiliar to complete the swim test before entering the deep end.

A single adult may actively supervise a maximum of three children at one time.

Before & After Lessons

The teach pool and main pool are busy during lessons, lifeguards may ask you to wait until class is over before entering the water. Children under age 7 are not allowed in the teach pool or whirlpool without parents in the water and within arm's reach at all times.

Infants & Toddlers

Infants and toddlers are required to wear approved swimwear before entering any pool (no diapers). Swimwear on preschoolers should be snug around the legs so the possibility of a fecal matter incident is decreased. Please take your children to the bathroom and a warm shower located on the pool deck prior to entering the pool.

Staff Emergency Doors

Please do not use the doors to the main lobby as they are intended for staff or emergency access only. Should you need to speak to someone on deck, please use the Sun Café entrance or the locker room stairs.

Hot Tub

The recommended maximum time in the hot tub is approximately 10 minutes. A cool down for an equal amount of time is recommended before going back in. If you are pregnant or have a medical condition, please consult your doctor before using the hot tub.

The Aquatic Facility is a Shared Water Space

Showering is Important! Everyone must take a cleansing shower before entering the swimming pools to avoid carrying dirt, bodily secretions, bacteria, and/or residue from hygiene products into the pool. Ideally you wet/scrub yourself from head to toe to ensure the swimming pools remain clean and sanitary.



BADMINTON

Head Professional: Ma Zhong Hua
Assistant Professionals: Yi Tai, Kai Dan
Part-Time Professionals: Danny Long, Steven Hsu

Coach Ma: coachmas@gmail.com
Coach Yi Tai: taiyi@live.ca
Coach Dan Kai: dan_kai@hotmail.com

Due to high demand of communication with coaches;
please send questions and set up meetings via email.

The success of the Derrick badminton program is directly related to the team of professional coaches led by Coach Ma. Coach Ma has a Masters degree in Physiology and an illustrious career as a badminton coach in China, Japan, and Canada. His most famous protégés in China and Japan were the 1987 and 1988 World Mixed Doubles Champions, Shi Fang Jing and Wang Peng Ren. The same team won silver at the 1988 Olympics. Even though Coach Ma has rubbed shoulders with many “greats” of world badminton, his goal at the Derrick has been to get to the grass roots and develop programs for all levels and ages. A variety of programs are offered for members, you are invited to join these classes and have fun playing badminton. There is social and weekend badminton for the enjoyment of our adult members. Everyone is invited to join these classes and improve their technique. Please call Reception 780.437.1833 or Coach Ma 780.391.2006 for more details.

Assistant Professional Yi Tai

Coach Yi Tai is a highly competitive player who joined our team in 2012. She played on the China National Team and won first place in the 2005 Asian Junior Championships and in the 2008 BWF International Series. Since relocating to Canada, Yi Tai continues her badminton career in various Provincial and National Elites Championships. Yi Tai is passionate about training and coaching players of all levels. Her coaching style challenges and optimizes each player's performance. Her high performance playing experience and coaching ability is invaluable to our badminton program.

Assistant Professional Dan Kai

Kai Dan joins our professional coaching staff after seven years of coaching High Performance at the Royal Glenora Club followed by coaching at the B Active Club. He was the CCAA Badminton College National Men's Singles Champion for five consecutive years and was twice named the CCAA All Canadian Male Athlete of the Year and twice the NAIT Male Athlete of the Year. He has too many championship titles to list but more importantly he is excited to bring his passion and experience to our Derrick Club members.





Badminton Programs

Monday | Commences January 10

Private Lessons & Open Play	1:30 – 4:00 p.m.
Beginner Jr. Group Lesson (Ages: 6 – 10)	4:00 – 5:00 p.m.
Private Lessons & Open Play	5:00 – 5:30 p.m.
High Performance Group Lesson (Ages: 14+)	5:30 – 7:30 p.m.
Adult Competitive Ladder	7:30 – 9:00 p.m.

Tuesday | Commences January 4

Ladies Clinic (Starts Oct 5)	9:30 – 10:30 a.m.
Private Lessons & Open Play	1:30 – 4:00 p.m.
Competitive B &	
Intermediate Jr. Group Lesson (Ages: 8 – 12)	4:00 – 5:00 p.m.
Competitive A Group Lesson (Ages: 12 – 16)	5:00 – 6:15 p.m.
Competitive Ladder	6:15 – 7:30 p.m.
Private Lessons & Adult Open Play	7:30 – 10:00 p.m.

Wednesday | Commences January 5

Private Lessons & Open Play	2:00 – 4:00 p.m.
Competitive B (Ages: 10 – 14)	4:00 – 5:30 p.m.
High Performance Group Lesson (Ages: 14+)	5:30 – 7:30 p.m.
Adult Competitive Ladder	7:30 – 9:00 p.m.

Thursday | Commences January 6

Private Lessons & Open Play	12:30 – 4:00 p.m.
Intermediate Jr. Group Lesson (Ages: 8 – 12)	4:00 – 5:00 p.m.
Competitive A Group Lesson (Ages: 12 – 16)	5:00 – 6:30 p.m.
Private Lessons & Open Play	6:30 – 8:00 p.m.
Adult Open Play	8:00 – 10:00 p.m.

Friday | Commences January 7

Private Lessons & Open Play	1:30 – 4:00 p.m.
Competitive B (Ages: 10 – 14)	4:00 – 5:30 p.m.
Private Lessons & Open Play	5:30 – 7:00 p.m.
High Performance & Adult Ladder	7:00 – 8:30 p.m.

Saturday | Commences January 8

Adult Open Play	8:00 – 10:30 a.m.
Fitness for Badminton (Intermediate – Adult)	10:30 – 12:00 p.m.
Junior Drop in Play & Private Lesson	12:00 – 2:00 p.m.
Private Lessons & Open Play	2:00 – 3:00 p.m.
Private Lessons & Adult Open Play	3:00 – 5:00 p.m.
Open Play	5:00 – 11:00 p.m.

Sunday | Commences January 9

Adult Open Play	8:30 – 10:00 a.m.
Open Play	10:00 – 12:00 p.m.
Private Lessons & Family Open Play	12:00 – 3:00 p.m.
Private Lesson & Open Play	3:00 – 11:00 p.m.

Group Lessons Objectives & Costs

Beginner Junior Group Lesson 2 3 7

Ages: 6 – 8 years

Students will learn the basic skills of badminton. Ready position, forehand and backhand grip, serve and air-volley, racquet work, half court footwork, half court singles rules, and fun games.

Assessment criteria: Coaches recommendation + minimum 1 year beginner training prior to moving up to intermediate.

Monday | 4:00 – 5:00 p.m. Once a week: \$60/month

Intermediate Badminton Training 2 3 7

Ages: 8 – 12 years

Students will continue to practice until they are able to use all of the half court basic skills proficiently. They will learn some half court patterns, full court footwork and singles/doubles rules. Students will be able to play intense half court games with some transition to full court.

Assessment criteria: Coaches recommendation + minimum 1 year intermediate training prior to moving to Competitive B.

Tuesday | 4:00 – 5:00 p.m. Once a week: \$65/month

Thursday | 4:00 – 5:00 p.m. Twice a week: \$120/month

Summary Meeting

Competitive A & B will meet the last Saturday each month from 12:00 – 12:30 p.m. and after each tournament. This meeting will summarize individual performances and set player goals. Players must agree and sign the first page of their Goal Book, which also contains regulations and expectations from the Coach.

Competitive B Program 3 4 7

Ages: 10 – 14

Students will be able to use cross court skills proficiently. They will learn straight and cross patterns, play cross court singles and full court singles. The coach will work on game strategy, doubles skills, footwork, and basic concepts.

Tuesday | 4:00 – 5:00 p.m.

Wednesday | 4:00 – 5:30 p.m.

Friday | 4:00 – 5:30 p.m.

Tuesday Ladder | 6:15 – 7:15 p.m.

Once a week + meetings: \$75/month

Twice a week + meetings: \$150/monthly

Competitive A & B Ladder: \$35

Ranking System: The ladder ranking board will be updated.



Competitive A Program 3 4 5 7

Ages: 12 – 16

Students will learn to use full court skills proficiently. They will master singles and doubles footwork and learn to be flexible. Athletes will continue to work on strategy while learning and playing tournaments frequently.

Tuesday | 5:00 – 6:15 p.m.

Thursday | 5:00 – 6:30 p.m.

Tuesday Ladder | 6:15 – 7:30 p.m.

Once a week + meetings: \$75/month

Twice a week + meetings: \$150/monthly

Competitive A & B Ladder: \$35

Ranking System: The ladder ranking board will be updated.

High Performance & Adult Ladder 4 5 6 7

Friday | 7:00 – 8:30 p.m. | Coaches play together | \$50/month

Ladies Clinic 2 3 4 5 6 7

Improve your game with Coach Tai! This group will be fun and challenging for everyone. You will work on various footwork, skills and strategies.

Tuesday | 9:30 – 10:30 a.m. | \$70/month

Private Lessons

Tune up your game with private or semi-private lessons. Beginner to competitive players can benefit from coaching.

½ hour Private Lesson: \$35

½ hour Semi Private Lesson: \$45

1 hour Private Lesson: \$70

1 hour Semi-Private Lesson (2 players): \$80

Cancellations for private lessons will be accepted up to 24 hours prior to the appointment. If you do not cancel your scheduled appointment 24 hours in advance of its start time, you will be billed 100% of the session fee. Coaches are responsible for waiting 15 minutes for a client's arrival. Upon late arrival, sessions will be completed to the end of the scheduled time or at the coaches' discretion.

High Performance & Competitive Group Feather Shuttles

Once a week: \$15/month

Twice a week: \$30/month

Three times a week: \$40/month

High Performance 4 5 6 7

Ages: 14 – 22

Students will improve singles and doubles strategies and will learn to think and adjust their weakness and advantages on an individual basis. They will receive intense footwork and fitness training. High performance lessons will train players as professional athletes and help them be fit and ready for high level tournaments, including Nationals and Internationals. Lesson duration is 2 hours.

Assessment criteria: play the round robin tournament every 3 months. The last 3 players need to play challenge games with the top 3 players from Competitive A. The top 3 players from the round robin will have the opportunity to put their photo and motivational words on the bulletin board.

Summary Meeting: High Performance athletes meet the last Wednesday of each month from 7:30 – 8:00 p.m. and after each tournament. We will summarize individual performances and set goals. Players shall agree and sign the first page of their Goal Books which contains all the regulations and expectations from Coach.

Monday | 5:30 – 7:30 p.m.

Wednesday | 5:30 – 7:30 p.m.

Once a week + meetings: \$85/month

Twice a week + meetings: \$170/monthly

Fitness for Badminton 2 3 4 5 6 7

Program length will vary with age. Students from Intermediate to High Performance and adults are welcome to attend. Focus is on badminton related fitness training.

Saturday | 10:30 a.m. – 12:00 p.m. | \$50/month





PICKLEBALL

Pickleball may be played as a singles or doubles game, with a solid paddle and a ball similar to a wiffle ball. The game is similar to other racquet sports and is played on a doubles badminton court with the net lowered to 3 feet. Pickleball requires less dynamic movement than other racquet sports and is gentler on the body. Pickleball strokes are like tennis but game play is much slower. Pickleball is the fastest growing sport in North America, is easy to learn and a hoot to play. Come give it a try!

Play pickleball in the Multipurpose Gym, we have racquets and balls available for you to try out the sport.

Pickleball Lessons

Contact Mike at mwood@derrickclub.com to set up a private or small group lesson.

Pickleball Clinics

Dates TBD

Adult Drop In

Tuesday | 12:30 – 2:00 p.m.

Friday | 1:00 – 3:00 p.m.

Adult Open Play

Monday | 8:00 – 10:00 p.m.

Thursday | 7:30 – 10:00 p.m.

Sunday | 8:00 – 10:00 p.m.

TENNIS

Tennis Professional: Peter Skoda

Email: tennis@derrickclub.com

Peter Skoda

Peter has an extensive list of accomplishments as a tennis player and coach, including being a top Open Men's player in Alberta and leading a group of coaches at a Tennis Academy in India. Peter has over 20 years of teaching experience. He was an associate tennis pro at the Royal Glenora for over 12 years teaching high performance competitors, adults, juniors as young as 4 years old, privately and in groups. We are fortunate to have such an experienced and passionate coach.

Lydia Samis

Lydia is in a masters program at the University of Alberta. She is a former member of the Pandas Varsity Tennis Team. Lydia has been playing tennis since the age of 5 and has 9 years of teaching experience. She has been taught players of all ages while working at the Derrick for the past 3 years. Lydia is passionate about sharing her love of tennis. See you on the court!

Junior Indoor Tennis Classes 1 2 7

Location: Indoor Multipurpose Gym

Children will be introduced to a sport they can enjoy for a lifetime. They will learn basic skills while working on hand-eye coordination in a fun environment.

Winter Session 1

Friday | January 7 – February 25 | 7 classes

Classes cancelled February 18

Aces (Ages: 4 & 5)	3:00 – 4:00 p.m.	\$105
Aces (Ages: 4 – 6)	4:00 – 5:00 p.m.	\$105
Winners (Ages: 6 – 9)	5:00 – 6:30 p.m.	\$157.5
Smashers (Ages: 9 – 12)	6:30 – 8:00 p.m.	\$157.5

Saturday | January 8 – February 26 | 7 classes

Classes cancelled February 19

Aces (Ages: 4 – 6)	4:30 – 5:30 p.m.	\$105
Winners (Ages: 6 – 9)	5:30 – 6:30 p.m.	\$105

Sunday | January 9 – February 27 | 7 classes

Classes cancelled February 20

Aces (Ages: 4 & 5)	10:00 – 11:00 a.m.	\$105
Aces (Ages: 6 & 7)	9:00 – 10:00 a.m.	\$105
Winners (Ages: 8 & 9)	11:00 a.m. – 12:30 p.m.	\$157.5
Smashers (Ages: 9 – 12)	12:30 – 2:00 p.m.	\$157.5

Winter Session 2

Friday | March 4 – April 29 | 8 classes

Classes cancelled April 15

Aces (Ages: 4 & 5)	3:00 – 4:00 p.m.	\$120
Aces (Ages: 4 – 6)	4:00 – 5:00 p.m.	\$120
Winners (Ages: 6 – 9)	5:00 – 6:30 p.m.	\$180
Smashers (Ages: 9 – 12)	6:30 – 8:00 p.m.	\$180

Saturday | March 5 – April 30 | 8 classes

Classes cancelled April 16

Aces (Ages: 4 – 6)	4:30 – 5:30 p.m.	\$120
Winners (Ages: 6 – 9)	5:30 – 6:30 p.m.	\$120

Sunday | March 6 – May 1 | 8 classes

Classes cancelled April 17

Aces (Ages: 4 & 5)	10:00 – 11:00 a.m.	\$120
Aces (Ages: 6 & 7)	9:00 – 10:00 a.m.	\$120
Winners (Ages: 8 & 9)	11:00 a.m. – 12:30 p.m.	\$180
Smashers (Ages: 9 – 12)	12:30 – 2:00 p.m.	\$180



CHILDCARE

Childcare Coordinator: Janeen Lang
Assistant Coordinator: Stephanie Schneider
Childcare Office: 780.437.8387

General Inquiries: playroom@derrickclub.com
Bookings: playroom@derrickclub@outlook.com

The Playroom staff is pleased to offer care for your children aged 8 weeks to 6 years. Our bright and spacious room offers them a variety of toys, books, crafts and activities. We also have a second childcare space where children aged 3 – 5 years can play, do crafts and science experiments. Your child can enjoy a maximum stay of 3 hours per day, not including program time. Parents can keep up to date on Playroom events online. If you are interested in learning more, please drop by or give us a call at 780.437.8387. We look forward to an exciting summer of programs and providing your family with quality childcare.

Playroom Hours

Monday – Friday	8:30 a.m. – 4:30 p.m.
Saturday	9:00 a.m. – 1:00 p.m.
Sunday	CLOSED

Childcare Fees per Hour

Under 2 years old	\$7
2 years & over	\$6
Member Grandchild.....	\$9
Guest	\$14

No-shows are charged full booking time. We must receive cancellations at least 2 hours in advance to avoid charges.

Late fees are applied after the first ten minutes if we do not receive a message alerting us. The fee is \$10 per every ten minutes (\$1/minute after 10 minutes).

Pick Up/Drop Off Service

There is a daily fee of \$3 for drop off and/or pick up to any non-Playroom program or camp within the Derrick Club.

Holiday Schedule

The Playroom will be closed on:

- Christmas Eve Friday, December 24
- Christmas Day Saturday, December 25
- New Year's Eve Saturday, January 1
- Family Day Monday, February 21
- Good Friday Friday, April 15
- Victoria Day Monday, May 23

Registration for September 2022 – 2023 programs opens Monday, February 7 at 8:00 a.m.

Talented Twos ① ⑦

Age: 2 | 9:15 – 11:15 a.m. | \$115/month
Tuesday/Thursday OR Wednesday/Friday

Enjoy a stimulating program of songs and creative crafts that integrate gluing, painting, colouring and decorating. This program enables your child to explore with their peers. They will have a chance to improve gross motor and social skills. We have scheduled activities in the Multipurpose Gym and the Jungle Room. Please bring a nut-free snack, indoor running shoes, clean socks, and remember to label all of your belongings!



Shooting Stars ① ⑦

Age: 3 | 9:15 – 11:30 a.m. | \$125/month
Tuesday/Thursday OR Wednesday/Friday

Welcome to our preschool program geared towards busy three year olds! Children will enjoy crafts, circle time, planned activities, stories, free play, songs, sports and a splash in the pool. We'll work on numbers, letters, colours, printing, and more. Children are asked to bring a nut free snack, clean socks and indoor running shoes.

Note: Children must be fully toilet trained for this program.





Squiggles & Dots 1 7

Monday/Wednesday/Friday | Age: 4 | \$180/month
9:15 – 11:30 a.m. OR 1:00 – 3:15 p.m.

An advanced preschool program that prepares children for Kindergarten. Songs, free play, printing, crafts and time to learn French! Children have an opportunity to go on field trips! Please bring a nut-free snack, clean socks and indoor shoes.

Note: Children must be fully toilet trained for this program.

Red Cross Babysitting Course

Ages: 11+ | 9:00 a.m. – 1:00 p.m. | \$65 Members \$85 Guests
December 29 & 30 OR March 30 & 31

Learn to care for babies, toddlers, preschoolers and school-aged children. Be aware of how to provide a safe environment, develop skills to handle emergencies and learn basic first aid. Notebook, pen and a nut free lunch are required for this two day course.

Red Cross Stay Safe Course

Ages: 9+ | \$55 Members \$75 Guests
Saturday, March 28 | 9:00 a.m. – 2:00 p.m.

This program teaches applicable and age-appropriate skills while increasing and reinforcing a youth's capacity to improve their own safety. Focus will be on how to prepare, recognize and respond to unexpected situations (inclement weather, strangers, unanticipated visits) while staying on their own. Students will learn basic first aid. Notebook, pen and a nut free lunch are required.

FITNESS

Fitness Director: Rachel Appels
Phone: 587.415.6166
Email: rappels@derrickclub.com

Fitness & Recreation Office: 780.437.8398
Email: athletics@derrickclub.com

Hours of Operation

Monday – Sunday & Holidays 6:00 a.m. – 11:00 p.m.

Class Cancellation

Fitness classes are cancelled on statutory holiday weekends.

- Family Day Weekend February 19 – 21
- Good Friday & Easter Weekend April 15 – 18

Registration Policy

Members are responsible for registering and cancelling from programs online. Unless otherwise noted, all classes are ongoing “monthly programs,” and run month to month without interruption. Cancellation must be done online 72 hours prior to the first of the month. You must cancel specialty classes 72 hours prior to the first class or you will be charged in full. Program instructors are not responsible for registration or cancellation.

Missed the start date of a program?

No problem! You can register for a program that has started unless otherwise stated. The price will be modified to correspond to when you register for the class.

Fitness Centre Dress Code

All clothing must be:

- Clean and free of any odours that may impact the experience of other users
- Free of inappropriate or offensive graphics/language
- Appropriate to the fitness or recreation environment being used, and not be overly revealing
- Clean, dry, and appropriate footwear is required, shoes that fully enclose the foot are required unless otherwise needed for the specific activity





Junior Fitness Centre Orientations

Members aged 12 – 14 must complete the Junior Fitness Orientation in order to access to the Fitness Centre. Learn general safety, etiquette, proper use of the machines, and how to structure a safe, effective workout. Complete the 1 hour orientation and return to take a 30 minute test and practical. Members aged 15 – 17 are encouraged to register for an orientation, but are not required if they can provide proof of competency in the Fitness Centre.

Please contact the Fitness Centre at 780.437.8398 or athletics@derrickclub.com to book an orientation.

Adult Fitness Centre Orientations

New to fitness? Welcome, we are happy you are here! Contact 780.437.8398 or athletics@derrickclub.com to schedule an orientation. Interested in fitness classes? We can work together to determine which programs are a good fit.

Walking Times

Get together with a friend or group and walk indoors at the Derrick! Indoor shoes required.

Badminton Gym Walking Times

Monday 9:00 a.m. – 10:00 a.m.
Thursday 9:00 a.m. – 10:00 a.m.
Friday 9:00 a.m. – 10:00 a.m.

Main Gym Walking Times

Saturday 8:30 – 9:30 p.m.

PREMIUM FITNESS PASS

For all fitness enthusiasts who enjoy a variety of programs! Sign up for \$65/month. Program will run January/February/March 2022. More classes and program details to come Spring 2022. Winter session classes will run Monday, January 17 – Sunday, March 27. All classes are cancelled on statutory holiday weekends. Drop-ins allowed. \$15 for 1 hour class, \$20 for any classes over 1 hour.

Fit to the Core 7

The #1 area people want strong and lean is their core. There are many exercises that work your core — not just crunches! Learn to utilize your core in this full body workout. Class will finish with an ab burn to work the core to the end!

Monday | 9:15 – 10:15 a.m.

Bike Bootcamp 7

A class focused equally on cardiovascular and resistance training. Improve your cardiovascular health through an intense 45 minutes on the bike, followed by 30 minutes of strength training. Get ready to sweat!

Tuesday & Thursday | 9:15 – 10:30 a.m.

Muscle Up 7

A fitness class structured with lighter weights and higher repetitions. Boost your metabolism, continuing to burn fat long after class is over! Prepare to lunge, squat, curl, sweat, and enjoy a group workout. Designed for both men and women—anyone who wants to increase muscle definition.

Wednesday | 9:15 – 10:15 a.m.

Total Body Bootcamp 7

If you're looking for a full-body, high-energy, group-based resistance training workout, this class is a must! This class combines strength, endurance, balance and core work.

Friday | 9:15 – 10:15 a.m.

FITNESS WORKSHOPS

Perfect your Lifting Technique 5 6 7

Learn to perfect four of the major movement patterns to improve your overall technique, strength and physical fitness. Each week will focus one of the major movements: squat, deadlift, pull ups, push ups and core stabilization. This 4-week workshop is for all fitness levels and directions will be given based on your current fitness and comfort level with each movement. If you are looking to maximize your lifting power than this workshop is for you.

Saturday | 10:00 – 11:30 a.m.

Workshop 1: January 15 – February 5 | \$90

Workshop 2: March 5 – 26 | \$90

DANCE WORKSHOPS

Love to Dance : Valentine's Day Edition!

Get ready to have the time of your life, you've never felt like this before. Spend Valentine's Day learning the basics of partner dance. This two hour workshop will leave you feeling the beat and connected to your partner. No experience necessary. Open to any duo!

Sunday, February 13 | 1:00 – 3:00 p.m.

\$50/couple | Minimum 3 couples/duos



CYCLING WITH BIO FEEDBACK

Coach: Ken Reiss

Ken is a long-time endurance athlete. He has been active in coaching and competitive bike racing and triathlons for over 3 decades. He has a great mix of experience and education to help all athletes, especially master athletes, reach peak fitness.

A challenging yet entertaining indoor riding workout! Each workout builds on the previous to maximize cycling fitness gains. Workouts will be presented on a projector so athletes can see how they will unfold. Riders have the option to connect bio-feedback devices to help guide the intensity of their session – not required to get a great workout!

You are required to bring your own bicycles and indoor trainers, which can be stored at the club. Bring a great attitude and desire to improve! Experience riding is an asset but not required, Ken will offer advice and information to those who would like it.

While the equipment requirements may seem daunting, Ken is available to answer any and all questions in advance.

Tuesday | January 4 – March 22 | 6:00 – 7:00 a.m. | \$180

Friday | January 7 – March 25 | 6:15 – 7:15 p.m. | \$180



YOGA

This timeless practice encompasses mind, body and spirit. Practice breathing techniques while stretching and strengthening your muscles. Designed to increase physical, mental and spiritual awareness. An open heart, calm mind and strong body!

Yoga Drop In: \$20 (if space permits)

A class can be dropped into if it is running and space is available. Please register for classes to reserve your spot and ensure they run.

Gentle Yoga 7

Designed for those with little or no yoga experience and/or for injury or mobility concerns. There is an emphasis on the awareness of the mind, body and breath connection. Class participants perform a wide range of accessible postures and yogic exercises whatever their current fitness level.

Classes cancelled Sunday, February 20

Tuesday | January 18 – March 22 | 6:30 – 7:30 p.m. | \$130

Sunday | January 16 – March 27 | 10:00 – 11:00 a.m. | \$130

Flow Yoga 7

For those who have some yoga experience as it incorporates energetic movement through a series of postures. This class holds a balance between matching movement and breath with your heart and lungs, while generating internal heat through breath, sun salutations, balance, and strength.

Wednesday | January 19 – March 23 | 6:30 – 7:30 p.m. | \$130

YOGA WORKSHOPS

Workshop 1: Yoga for Stress Relief 7

Does it feel like the weight of the world is on your shoulders? Are you experiencing seasonal depression or feeling the pressures of everyday responsibilities? Life is full of stressors and to keep our immunity strong we must learn to manage stress. Learn several breathing techniques, slow your heart rate down and take time for deep breaths. Leave this 2 hour workshop feeling more relaxed and better equipped to handle the stress of the day.

Saturday, January 22 | 1:00 – 3:00 p.m. | \$30

Workshop 2: Couples Yoga 7

Couple, or partner yoga, is a form of yoga that utilizes two people to sync breathing, postures, and movements. It results in new levels of trust, communication, and connection. Feel the love as you stretch and breath your way to a deeper sense of partnership.

Saturday, February 12 | 1:00 – 3:00 p.m. | \$50/couple



PILATES

Pilates Professionals: Janet Thompson & Heather MacPhail

Pilates is an effective mind and body-conditioning program to improve and maintain wellbeing in sports and everyday life. Particular emphasis is placed on the power centre of the body, thus improving posture and movement patterns.

Pilates Drop In: \$20 (if space permits)

A class can be dropped into if it is running and space is available. Please register for classes to reserve your spot and ensure they run.

Pilates – Small Equipment 7

A great class for everyone: athletes, runners, golfers and those who want strong, leaner and toned arms, legs and abs. No prior experience is necessary and guaranteed to be lively, varied and challenging based on the basic principles of Pilates. You will learn how to use the small equipment to isolate and intensify the work of your core and spine muscles as well as arms and legs. Equipment will include: flexbands, tubing, foam rollers, stability balls, stability cushions, small soft balls, and light/heavy weights. The exercises will be performed standing, kneeling, seated, supine and prone on a mat.

Wednesday | January 19 – March 23 | 9:30 – 10:30 a.m. | \$130

Thursday | January 20 – March 24 | 6:30 – 7:30 p.m. | \$130

Friday | January 21 – March 25 | 10:15 – 11:15 am | \$130

Private Sessions

The Pilates method of body conditioning is a unique system of strengthening and stretching exercises. Pilates works from the inside out (the deep, smaller muscles) by strengthening and lengthening muscle stabilizers. It also works mobilizing our bigger muscles, which lie closer to the surface. By working with major and minor muscle groups participants will experience a balanced, full body workout.

Members can book private lessons (one-on-one training) on the large equipment: the Reformer, Tower, Stability Chair and Ladder Barrel all found in the Pilates Corner. Jan or Heather will be happy to share their knowledge and passion of their Pilates training to help you obtain your fitness goals.

Private Sessions: \$70/hour

Semi-private Sessions: \$45/hour/person for a group of two

Individuals need to go through sprivate sessions before doing semi-private sessions.

Contact athletics@derrickclub.com to set up a session.

PERSONAL TRAINING

Fitness Director: Rachel Appels

Email: rappels@derrickclub.com

Fitness Office: 780.437.8398

Fitness Email: athletics@derrickclub.com

Contact the Fitness Office to discuss your goals and get started with a trainer today. Our Fitness Director can assign a trainer based on your goals and experience to ensure a good fit!

Experience the many benefits of a Personal Trainer. With accountability, precise programming, modifications and one-on-one support you are sure to see results! No matter your experience, a Personal Trainer can introduce you to basic principles of movement or move you past a plateau if you have stopped seeing results. Maximize your efforts and ensure results! We offer several Personal Training packages and each of our trainers offers their own unique specialties.

Personal Training Rates

Effective September 1, all Personal Trainers are subject to their own rates. Refer to the updated Personal Training brochure for trainer specific pricing or contact the Fitness Office to discuss training options. 1-hour sessions range from \$62 – \$90. Small group training and program design is also available.





NUTRITION

Nutrition Coach: Brandon
Email: revive@derrickclub.com
Phone: 780.450.2027



Book a free discovery phone call by contacting Brandon or scanning the QR Code.

Nutrition Coaching with Our Registered Dietitian

Brandon is the Derrick's Registered Dietitian, here to support you and help you meet your goals! Brandon takes a personalized, whole-body approach with every person he works with and loves to take a collaborative approach with clients.

Nutrition coaching will teach you the best way to eat for YOUR body and the health benefits associated with it. It is essential, now more than ever, to pay attention to your body's health needs. Brandon can help you with:

- Sports/performance nutrition
- Plant-based eating
- Nutrition for attention-deficit/hyperactivity disorder (ADHD)
- Health-related behaviour change
- Weight management
- Increasing your energy for daily activities
- Meal preparation or planning

Take Control of Your Health Goals with My Viva Plan®

Ready to take control of your fitness goals? Start with My Viva Plan®, an easy-to-use digital health program designed by regulated healthcare professionals at Revive Wellness that provides customized programming, daily support, and long-term results. To help you do this, My Viva Plan® offers thousands of easy-to-follow workout videos, meal plans combined into one grocery list, a variety of recipes and coaching videos for vantage point assistance to achieve your fitness goals. The answer is one click away.

Visit www.myvivainc.com/my-viva-plan/ for more information.

CROSS COUNTRY SKIING

Instructor: Eugene Ulmer

Eugene is a CANSI 2 Cross Country Ski instructor with over 40 years of experience. Cross country skiing has helped Eugene learn to love winter. Skiing gets you out to many beautiful places in crisp fresh air, and with proper clothes we stay warm.

Enjoy winter! Private, semi-private and small group classes may be organized by contacting Eugene.

Enjoy the wonderful trails that weave through the Derrick golf course. Our course maintenance crew maintain a double track, weather permitting. The course has a totally different view on a pair of skis. Please stay on the tracks, leave your dog at home, and keep the rest of the course in perfect condition.

Additional dates will be organized if interest warrants.

Cross Country Clinics for Adult & Teens

Clinics introduce you to skiing or refresh basic skills. Enjoy winter while getting fresh air and exercise.

Beginner

Learn the basic techniques of cross country skiing. This program is for beginners who have not skied before and need to start from the beginning or next to it. You will learn new skills and be able to enjoy our backyard of ski trails. You are responsible for providing your own equipment.

Session 1: **Saturday**, December 11 | 1:00 – 3:00 p.m. | \$40
Session 2: **Saturday**, January 15 | 1:00 – 3:00 p.m. | \$40

Refresher Course

An opportunity for instruction and ski practice. Whether you participated in a beginner class or you just haven't got on skis for a while you will enjoy the challenge and camaraderie. You are responsible for providing your own equipment.

Session 1: **Sunday**, December 12 | 1:00 – 3:00 p.m. | \$40
Session 2: **Sunday**, January 16 | 1:00 – 3:00 p.m. | \$40

Ski with Friends

Join us for a trek around the golf course. Meet members and share your experiences and tips about waxing, equipment and technique. Afterwards you can meet for hot chocolate and coffee in the Founders Room. Leave your name at Reception and we will let you know of other interested members.

Saturday | 1:00 p.m.



CURLING

Curling Coordinator/Head Ice Technician: Ray Milne
Curling Office: 780.437.8382
Email: curling@derrickclub.com

Curling Professionals: Glenn Venance & Tristan Steinke
Email: glenn.venance@gmail.com

Glenn and Tristan curl for the University of Alberta Golden Bears and are one of the top 25 ranked men's curling teams in the world. They are the reigning 2019 Winter Universiade world silver medallists and the 2018 USports/Curling Canada University Men's curling Gold Medalist. For lessons with Glenn or Tristan please contact Glenn directly at glenn.venance@gmail.com

Welcome to the 2021 – 2022 curling season! We are looking forward to the start-up of leagues, clinics, fun and corporate events.

Online Registration

Registration at www.derrickclub.com/Athletics/Curling

Members and non-members are able to register their team through our new online portal. There will be no early-bird registration this year. A team will be considered registered when a minimum of 4 names with payment details is received online, no exceptions.

Additional Team Members

Rovers may be registered provided that four regulars are registered and paid. They may play any position and are eligible to play in the Club Championships. Prizes are awarded to teams of four. Rovers must be signed up online with their team. Curlers who do not have a team can be placed on the rover list by emailing curling@derrickclub.com. For teams with no Derrick Club members or rovers, the team price must be paid in full by the skip. No partial payments will be accepted. It is the skip's responsibility to get payment from their team. Member teams will be billed to their member account. Member team fees for teams with non-members will be billed to designated member accounts.

Private Lessons

Looking to learn the game or hone your skills? We offer lessons for beginners, intermediate or advanced players. Contact curling@derrickclub.com for more advanced instruction or that one-on-one advantage.

1 individual: \$75/hour

2 – 4 people: \$100/hour

5+ people: \$25/person/hour

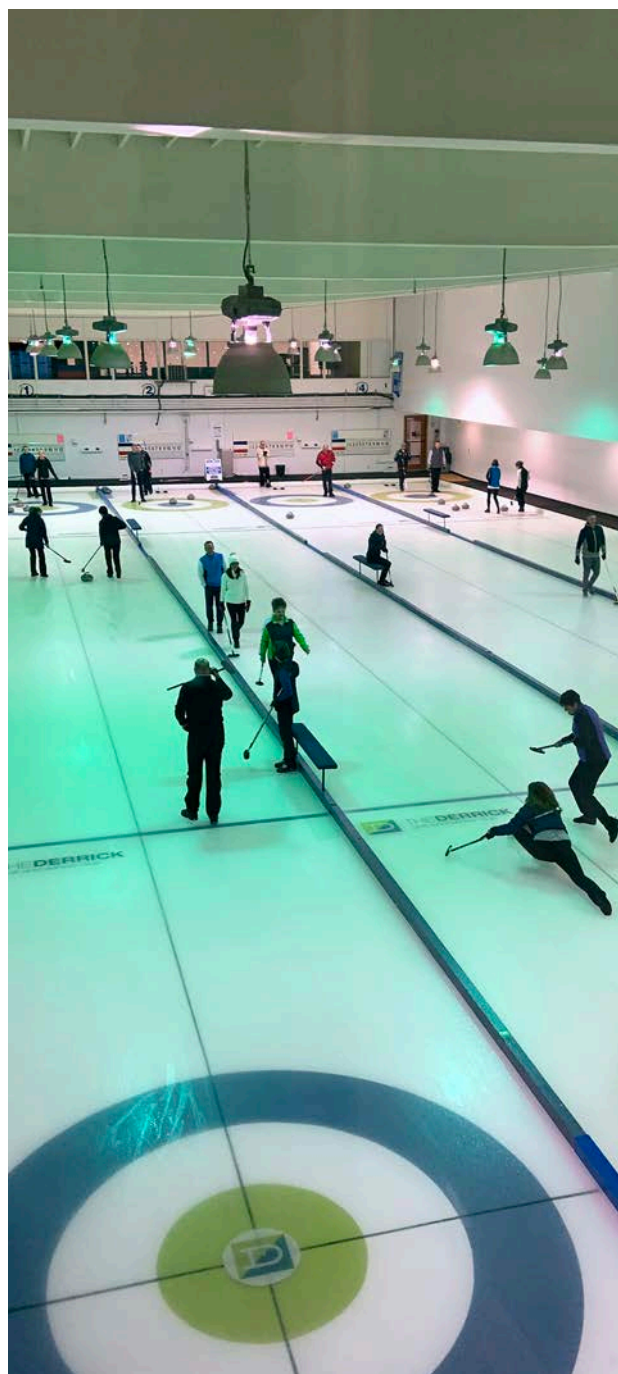
Team Lessons

Schedule a private team clinic and work on your skills together. The best way to improve is with the people around you improving as well. If you learn as a team you can help one another fine tune your game.

Curling Clinics with Glenn Venance

Sunday, December 12, 2021

Sunday, February 20, 2022





Men's Leagues

Monday | January 3 – February 28 | 6:15 p.m. & 8:30 p.m.
Thursday | January 6 – February 24 | 6:15 p.m. & 8:30 p.m.
Top 8 teams advance to Championships

Women's Leagues

Wednesday Morning Fun League
January 5 – March 16 | 9:00 a.m.

Wednesday Evening

Potential for 2 draws if we exceed 8 teams
6:15 & 8:30 p.m. If only one draw, 6:30 p.m. start
January 5 – February 23
Top 4 teams advance to Championship round

Thursday Morning

Potential for 2 draws if we exceed 8 teams
9:00 & 11:30 a.m. If only one draw 9:00 a.m. start
January 6 – February 24
Top 4 teams advance to Championship round

Mixed Leagues

Friday Mixed League

January 7 – February 25 | 6:15 & 8:30 p.m.
Top 8 teams advance to Championships

Tuesday Night Drop in Doubles

Open Doubles (any combo of 2 players)
Sign up by noon the Monday before!
January 4 – March 8, 2022 | 6:30 p.m.

Junior & Senior

Junior Curling Night

Tuesday | January 4 – March 8 | 4:00 p.m.
One hour of instruction
\$99 per session (2 sessions) \$175 Full Season

Senior Drop-In League 50+ 7

Monday & Wednesday | 1:15 p.m. | \$7 Drop-In fee
Great for social and competitive curlers. Bring a friend!

Curling Club Championships

Saturday, March 12, 2022 & Sunday, March 13, 2022

SKATING

The Derrick Club's main skating rink is located south of the circle in front of the Main Entrance. The rink is used for skating lessons, hockey, ringette and family skating. A smaller ice surface is located next to the rink for younger children who are just getting their skating legs. A schedule will be posted and available at Reception. Ice conditions are dependent on mother-nature, signs will be posted when the ice is ready. Night skating is available, similar to your community skating rink it is important to share the space and ensure everyone has fun. Take advantage of our new shelter where you can lace up your skates and bundle up.

Outdoor Skating Programs at The Derrick Club

Lessons will be cancelled when weather office temperature is -20°C with the wind chill at 9:00 a.m. Sunday morning. The Weather Office can be contacted at 780.468.4940. Please note: Everyone is responsible for phoning this number. You will not be contacted by the club. If the temperature is -19°C the class will run. At -20°C the class will be cancelled.

All skaters must have approved hockey helmets and mittens.





Parent-Tot 1 7

Learn to stand and move with a parent!

Prerequisites: Parents must possess basic skating abilities.

Skills to develop:

- Fall & stand
- Basic movement

Sunday, January 9 – February 13
10:30 – 11:00 a.m. | Ages 2 – 4 | \$55

Snowmen I 1 7

Learn to stand and move!

Prerequisites: Must be able to be separated from parents.

Skills to develop:

- Fall & stand up
- Move forwards & backwards
- Jump
- Basic movement
- Learn to stop

Sunday | January 9 – February 13
11:00 – 11:30 a.m. | Ages 3 – 4 | \$55

Snowmen II 1 7

Learn to stand and move!

Prerequisites: Must be able to be separated from parents.

Skills to develop:

- Fall & stand up
- Move forwards & backwards
- Jump
- Basic movement
- Learn to stop

Sunday | January 9 – February 13
11:30 a.m. – 12:00 p.m. | Ages 4 – 5 | \$55

Penguins 1 7

Learn basic skating.

Prerequisites: Able to stand and move forwards independently.

Skills to develop:

- Skate forwards & backwards
- Jump skating forwards
- Agility
- Stop while skating

Sunday | January 9 – February 13
12:15 – 1:00 p.m. | Ages 4 – 5 | \$70

Polar Bears 1 2 7

Develop skating abilities.

Prerequisites: Has basic skating abilities.

Skills to develop:

- Faster skating forwards & backwards
- Turn forward to backwards
- Quick stops
- One foot balance

Sunday | January 9 – February 13
1:00 – 1:45 p.m. | Ages 5 – 10 | \$70

Hockey Skating Development 2 3 4

Prerequisites: Registered or intention to register in hockey.
Has basic skating skills.

Skills to develop:

- Speed
- Sideways movement
- Quick turns
- Quick starts & stops

Sunday | January 9 – February 13
2:00 – 2:45 p.m. | Ages 5-10 | \$70

Teen/Adult 1 2 3 7

No Prerequisites, all levels welcome.

Skills to develop:

- Will be adapted based on skill & interest of skaters

Sunday | January 9 – February 13
2:45 – 3:30 p.m. | Ages 15 + | \$70

UPCOMING EVENTS

Read the weekly e-blast and Digest for information on all upcoming event.

Outdoor Holiday Festive Activities

Sunday, December 5

Full Wibit Festive Splash

Friday, December 17

10th Annual Aquatic Carnival

Friday, March 11

Family Day

Monday, February 21

Kid Konvention

March 3 & 4

Spring Break Camps

March 28 – April 1

